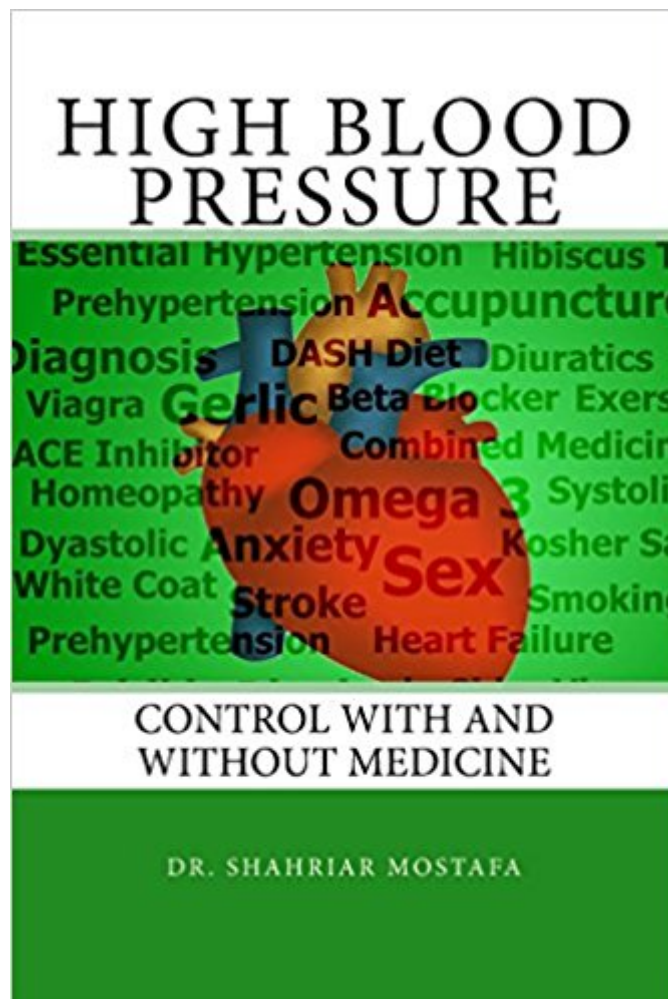




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# High Blood Pressure: Control With And Without Medicine



## Synopsis

High blood pressure leading to life threatening complication is a reality. All the studies and data indicates that most of us will get high blood pressure. So, you need to be prepared and start preventive measure as early as possible. After reading this book you can choose a plan that works for you. After we are diagnosed with hypertension, we face a common confusion. Our major concerns are; Should we take medicine to control hypertension or control it only with lifestyle modifications. What are the alternative treatments available and do they work. How good are the alternative treatments for hypertension without medicine. We want to know is there any preventive treatment or medicine for prevention of hypertension. Can we prevent it with diet and lifestyle modifications. Are the medicines used to control high blood pressure safe for long term use. In this book, I have tried to give all these answers. You will learn the pro and cons of drug and non-drug treatments used in hypertension. With information, you can take an informed decision on your treatment plan. And you can also work on prevention of high blood pressure. Some of the topics covered by this book are; What is Hypertension and high blood pressure solution Problems with uncontrolled hypertension Cause of High Blood Pressure Types of Hypertension Symptoms of Hypertension Risk factors for developing high blood pressure Steps for Blood Pressure Measurement correctly. High blood pressure monitors and choosing a device to measure blood pressure at home. General Treatment used for High Blood Pressure. High blood pressure cures How high blood pressure is lowered naturally Lifestyle Modification to control hypertension. High blood pressure diet and high blood pressure recipes DASH Diet. Pritikin Diet. How to manage your weight. Acupuncture for Hypertension Natural or Herbal remedies for Hypertension High blood pressure herbal supplements Hibiscus Tea for High Blood Pressure Apple cider Vinegar, Garlic, Food supplements for high blood pressure. Homeopathy for Hypertension. Meditation for high blood pressure. Some of the Questions answered in the book are; What is high blood pressure? Which blood pressure is more dangerous: systolic or diastolic? How to read blood pressure measurement? Importance of monitoring blood pressure? What is white coat Hypertension? Is white coat hypertension dangerous? What is home blood pressure monitoring? Long-Term Outlook of hypertension? How excess salt may increase blood pressure? Are there any medicines that cause high blood pressure? What must be done when blood pressure is too low? Is there any cure for high blood pressure? When do hypertension needs treatment? Is Anxiety and High blood pressure related? What is the effect of hypertension on sex? Can Erectile Dysfunction occur with Hypertension? Can Viagra be used with Hypertension? These are a small fraction of the information you will learn from this book. There are more information explained in a simple language, the

bookcovers almost everything you need to know about blood pressure, and ways to cope with it.

## Book Information

Paperback: 122 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (November 15, 2016)

Language: English

ISBN-10: 1540433773

ISBN-13: 978-1540433770

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,001,392 in Books (See Top 100 in Books) #53 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #463 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## Customer Reviews

Dr. Shahriar Mostafa completed his medical education in 2009. Then completed his Master's degree in Public Health in 2013. He has been working in a Medical College Hospital for last 7 years. He wants to write simple and small patient education books to reach a larger audience.

I found this book very helpful for all people suffering from hypertension. The book is very complex so if you suffer with this disease you find all possible information you need. The book walked me through all kinds of hypertension and its impact on other organs. The book describes all kinds of hypertension causes ranging from diet, stress, or gender related risks. The author also talks about different kinds of measurement of hypertension included the wrong ones. Yet I found the book most useful for discussing all kinds of treatments related to different stages of hypertension. As a solution, he offers various diets which are lasting as they help to create healthier lifestyle.

Hypertension has been a recurring issue in my family; so reading this book has been both a comfort and informative. Looking at the causes of high blood pressure has helped me to figure out what to do to avoid it whilst the useful sections on symptoms to look out for and different diets really gives you all the information you need. The Q and A section at the back of the book is the most comprehensive and best I have found, it will answer any and all of your questions.

Too many obsolete ideas about Blood Pressure control. We all want to know which is the best diet approach? low carb/high fat or high carb/low fat? A subject he doesn't even cover.

Follow what the book says, eat right, sleep and pressure will drop. No fast foods like the book says and cut carbs to burn the fat on you

One of the best things about High Blood Pressure: Control With and Without Medicine by Dr. Shahriar Mostafa is that it isn't long. He shares a lot of information and keeps things short and to the point. If you're someone who experiences hypertension or HBP, or someone you know does, then this little book can help you out a lot. Dr. Shahriar talks about what is meant by hypertension, the stages, the equipment needed to measure it, and the diet one should follow. He even provides details about the pros and cons of the treatments methods out there. All in all, it's an informative and helpful book.

The book is very informative. It helped me normalize my blood pressure. My weight led to high blood pressure. I followed the advices in the book ( more strictly the ones concerning my diet, what I should and should not eat), and the results followed. I strongly recommend it

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